



## Fact Sheet

The 2015 Health Impact Program (HIP) runs continuously from October 1, 2014 to September 30, 2015. **All activities must be completed and self-reported by September 30, 2015.** Follow the steps below to get started and successfully complete the program:

1. Get started on the Mayo Clinic Healthy Living Portal at [www.bewellstaywell.az.gov](http://www.bewellstaywell.az.gov).
2. Register for HIP by creating an account and you will automatically be entered into a monthly iPad drawing\*.
3. Log your biometric values from the mini health screening or annual physical into the Mayo Clinic Online Health Assessment and earn 100 points.
  - ▶ *Based on your health assessment results, you may be eligible for Mayo Clinic Telephonic Lifestyle Coaching and earn up to 125 points.*
4. View your wellness plan.
5. Self-report your wellness activities to earn points toward HIP.
  - ▶ *Self-report your activity on the Mayo Clinic Portal by checking off the boxes of all completed activities during the program period.*
6. Successfully complete the program requirement.
  - ▶ *Earn 500 points through engagement in qualifying HIP activities.*
  - ▶ *Participate in at least one activity in each category (**Activity/Exercise, Preventive Screening, and Nutrition/Other**).*
  - ▶ *Save applicable documentation for the verification process. If you are selected for the verification function, you will be contacted and asked to submit all requested documentations.*
7. Receive an incentive payment of up to \$200\*.
  - ▶ *Payment will be delivered via payroll in November 2015. You must be an active employee receiving a paycheck at the time of payout.*

*\*Subject to Federal and State Income, Social Security, and Medicare Taxes.*

For complete HIP information, visit [www.benefitoptions.az.gov/wellness](http://www.benefitoptions.az.gov/wellness) and refer to the HIP Job Aid for a step-by-step guide on how to log your points. Please direct any questions to [wellness@azdoa.gov](mailto:wellness@azdoa.gov), or call Benefit Options Wellness at 602-771-9355.